

How to learn to ride a bike

Riding a bike is a skill that never leaves a person. For those who can do it, it looks easy. but is it really that easy. Read on to find out how to learn to ride a bike.

- 1 Firstly find a safe place to learn. Do not do it on a road. An empty car park is a good place, but even better is a grassed area like a park. When you fall off and you will you will not hurt yourself.
- 2 Secoundly always where safty protection gear. A helmet, lights, gloves and elbow pads are recomended aswell
- 3 Make sure the bike is in a good condition and that the saddle is at the right height for you.
- 4 have someone with you to help.
- 5 Sit on the bike and keep both hands on the handle bar and both feet on the ground
- 6 using either foot move one of the pedals in a backwards circle so it is very close to the top of it's rotation.
- 7 Place your foot on the high pedal and with your other foot on the ground push the bike forward and push down on the high pedal at the same time.
- 8 If someone is with you they can hold the back of the saddle and give you a little push to get you going.
- 9 then put the foot that was on the ground onto the other pedal and continue to turn the pedals with your feet and try to keep your balanse and move in a straight line.

10 The person with you can continue to keep hold of the saddal to help you keep your balance.

11 practice and don't give up!

Question 1	Band 4	Band 3	Band 2	Band 1	
	Consistently	Most of the time	Some of the time	Limited	
Communicates information, ideas and opinions clearly, coherently and accurately	✓				
Writes text of appropriate detail and length	✓				
Uses appropriate format, structure and paragraphing	✓				
Writes with accurate complex sentences and uses appropriate language	✓				
Overall band	Band 4				
Composition Marks	(12-15)	(8-11)	(4-7)	(0-3)	15

Question 1	Consistently accurate at appropriate level 4 marks	Accurate most of the time 3 marks	Accurate some of the time 2 marks	Limited accuracy 1 mark	Insufficient evidence 0 marks		
Spelling		3					
Punctuation			2				
Grammar	4						
SPaG Total							9
SPaG mark + composition mark							24

Composition

This response is very effective in communicating its message. Format and structure are excellent, with good use of a title, introduction and numbered points, all of which add to the excellent coherence of the piece as a whole. Length and detail are appropriate and the language and use of varied sentence structures, including accurately constructed complex sentences, demonstrate effective command and control of the subject matter and text type.

Worked Example - Sample Paper 3 Level 1 – Good Pass

Spelling, punctuation and grammar

Most words are spelt correctly and are appropriate to the audience and purpose of the text. Spelling errors include *secondly*, *safety*, *recommend*, *as well*, *saddle* and *balance*.

Punctuation errors are numerous and include missing commas and question marks, an apostrophe where none is required, an inconsistency in starting numbered points with a capital letter, an omitted full stop and one instance of a sentence not starting with a capital letter. Commas have been used to separate items in a list and, on one occasion, to separate clauses.

Grammar is correct throughout.